

RADIO SHOW – UV Eye Protection

I'm Dr. Howard Rodenberg, state health director with the Kansas Department of Health and Environment, and this is the Healthy Kansas Minute!

Summer means lots of sunshine. Take steps to protect your eyes from harmful ultra violet rays. Failing to protect against UV rays can lead to serious eye problems.

Wear a wide-brimmed hat or cap when out in the sun. This will keep about half of the sun's UV rays from reaching your eyes. It will also reduce the UV radiation that can enter the eyes from around any glasses you might be wearing. UV-absorbing eyewear provides the greatest amount of protection.

Prescription and non-prescription glasses, sunglasses, contact lenses, and lens implants should absorb both UV-A and UV-B rays. Examine the labels carefully to make sure that the lenses absorb at least 99 to 100 percent of both types of UV rays. Avoid products with labels that do not state exactly how much UV rays they might block.

To learn more about health in Kansas, please visit www.kdheks.gov. That's www.kdheks.gov. This has been the Healthy Kansas Minute!